



# Department for Digital, Culture, Media & Sport

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Mr Marc Asquith  
[michelle-lanman@bhpa.co.uk](mailto:michelle-lanman@bhpa.co.uk)

Dear Mr Asquith,

Thank you for your correspondence of 6 May about sport and social distancing. I am replying as a member of the Ministerial Support Team.

The current government advice at <https://www.gov.uk/coronavirus> remains the most relevant and up to date advice available. It is vital that people continue to be active during the Covid-19 outbreak to support their physical and mental health.

As you may be aware, on 11 May, the government published updated guidance on lockdown measures, including updates on how people can remain active. From 13 May, people are allowed to go outside more than once a day for exercise as long as they are following social distancing guidelines, alone, with members of their household, or with one person from outside of their household. People must still only exercise in groups of no more than two people, unless they are exercising with their household.

All outdoor sports and physical activities are now permitted, without time limit, with the exception of swimming in an open-air swimming pool. This does not apply to individuals' private swimming pools within their own homes.

I hope that this information is helpful.

Yours sincerely,

Dempster Marples  
**Ministerial Support Team**

